

and others are former collegiate and national team athletes. It is a sport with a strong masters racing circuit and is a top walk-on sport in college, so it is truly a sport that someone can start at any point in life and achieve competitive success if that is their goal. There are also opportunities to pursue the sport for fitness and/or more recreational racing.

BCR is hosting 5-day learn-to-row sessions for adult athletes starting in April, and two 1-week summer learn-to-row sessions, August 7-11th and August 14-18th, for 8th-12th grade athletes. If you are a rower looking to get restarted in the sport, we have multiple levels of coached programs that will get you back on the water.

More information about BCR's programs is available at [www.baltimorerowing.org](http://www.baltimorerowing.org). We have scholarships and fee assistance available by application, so I would encourage everyone to sign up and not let cost be a barrier to reaching out for more information.

**Any closing thoughts?**

Come check out Baltimore Community Rowing at the Catonsville Farmers Market on Sunday, May 28th! We will have a table there, a rowing machine, and hopefully a boat or two so that everyone can get a hands-on experience with rowing without leaving the Ville.

As a nearly life-long Catonsville resident, I would love to get more people from Catonsville on the water. We can hike a few miles down the road and get to the Patapsco River without ever realizing that just a few miles more down the road, we have a beautiful, wide expanse of river that is rowable and offers an amazing waterfront view of Fort McHenry, the Port of Baltimore, and the Inner Harbor. Seeing the city in which we live from the water is something that every resident of the Baltimore metro area should experience. Aside from the stories we may hear about crime and trash there is a hugely underappreciated and unknown beauty and peacefulness in the Middle Branch.

A sizable group of adult and juniors athletes from Catonsville participate daily in programs at BCR. The drive in to the boathouse is super easy; just 15 minutes up 95 north, exiting before the tunnel.

Our middle and high school rowing carpool is filled with students from Catonsville, and we are looking to grow that population even more this year as a number of our athletes graduate and move on to their college rowing careers. If you have a student athlete from 7th-12th grade who is looking for a new sport or looking for a sport to add to their year to diversify and improve their fitness, check out our rowing programs! Our current athletes attend Catonsville High School, Mt. De Sales, and St. Joe's, but we have also had Catonsville athletes from Catonsville Middle, McDonogh, and several other private schools through the years.

In a small town like Catonsville, it's likely that, if you're reading this, you know someone who has been on the water with BCR. Please consider joining us on the water in 2023, and reach out if you have any questions!

**Ed. note:** *I rowed for the first time in my life in April, 2019, and was immediately hooked. I have never identified as an athlete before, but in 2022 I raced in two regattas and had a great experience. Karen is right about rowing pushing you to do things you never thought possible. You do need to be a person who can squat to the floor, as that's how you get in the boat. If you can do that, come try out the sport this spring! Practices are evenings and Saturday mornings for adults. ■*

by Ann Quinn



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We'd like to congratulate the Old Catonsville Neighborhood Association for their valuable contribution to our community!



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